

STATE ANXIETY IN THE PTCA AND STENT POPULATION

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**A thesis submitted in accordance with the (partial) requirements of the
Degree of Master of Nursing (Honours)**

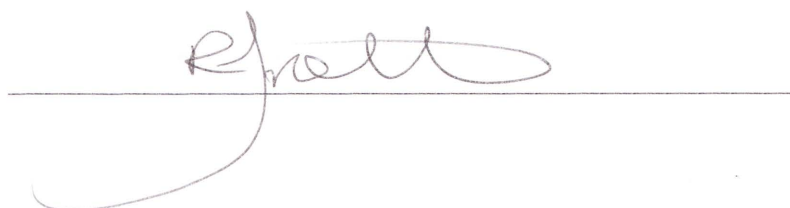
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Certificate of Authorship/Originality

I certify that the work in this thesis has not been previously submitted for a degree nor has it been submitted as part requirements of a degree except as fully acknowledged within the text.

I also certify that the thesis has been written by me. Any help I have received in my research work and in the preparation of this thesis itself has been acknowledged. In addition, I certify that all the information sources and the literature used are indicated in the thesis.

Signature of candidate

A handwritten signature in dark ink, appearing to be 'R. Hall', is written over a horizontal line. A long, sweeping underline extends from the left side of the signature, crossing the horizontal line.

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Table of Contents

Certificate of Authorship/Originality.....	i
Acknowledgements.....	ii
Table of Contents	iii
List of Figures.....	vi
List of Tables	vi
Abstract.....	vii
Chapter One - Background	1
1.1 Introduction.....	1
1.2 Coronary Artery Disease.....	2
1.3 The PTCA and Stent Procedure	5
1.4 Patients' Experience of PTCA and Stent	6
1.5 Procedural Experiences for Patients.....	7
1.6. Potential Post Procedure Complications and Consequences	8
1.7 Anxiety.....	11
1.8 Anxiety in CAD Patients.....	13
1.9 Anxiety Measurement, Management and Nursing Care	15
1.10 Thesis Structure.....	17
1.11 Summary	17
Chapter Two - Literature Review	19
2.1 Introduction.....	19
2.2 Assessment of Anxiety in PTCA and Stent Patients.....	19
2.3 Anxiety in PTCA and Stent Patients.....	25
2.3 Anxiety in Coronary Angiography and Myocardial Infarction Populations...	29
2.4 Patient Concerns	31

2.5	Anxiety Assessment.....	34
2.6	Summary	34
2.7	Research Questions	35
Chapter Three - Method.....		36
3.1	Introduction.....	36
3.2	Design	36
3.3	Setting and Sample.....	36
3.3.1	Study Setting	36
3.3.2	Sample Inclusion Criteria.....	37
3.3.3	Sample Exclusion Criteria.....	38
3.3.4	Withdrawal of Participants.....	38
3.4	Ethics.....	38
3.4.1	Informed Consent.....	39
3.4.2	Freedom from Coercion	39
3.4.3	Strategies for Addressing High Levels of Anxiety	40
3.4.4	Privacy and Confidentiality	40
3.5	Data Collection and Instruments.....	40
3.5.1	Socio-Demographic Data.....	40
3.5.2	Anxiety Measures	41
3.6	Procedure	43
3.6.1	Recruitment.....	43
3.6.2	Sample Participation (Tracking of Participants).....	43
3.6.3	Timing of Assessments	45
3.7	Data Analysis	46
3.7.1	Data Entry	46

3.7.2	Analysis Techniques	46
3.7.3	Sample Size	46
3.7.4	Multiple Regression Analysis	47
3.7.5	Assumptions of the Analysis.....	49
3.8	Summary of Methods.....	49
Chapter 4 - Results		50
4.1	Introduction.....	50
4.2	Sample Characteristics.....	50
4.3	Anxiety.....	54
4.4	Nursing Interventions Suggested by Participants to Manage Anxiety	56
4.5	Predictors of Anxiety	57
4.6	Evaluation of the FAS in the PTCA and Stent Population	59
4.7	Summary of Predictors.....	61
4.8	Summary of Results	62
Chapter Five - Discussion		65
5.1	Introduction.....	65
5.2	Occurrence of Anxiety	65
5.3	Measuring Anxiety in Cardiac In-patients	71
5.4	Strengths and Limitations	73
5.5	Implications for Nursing Practice	75
References		80
Appendix A: Spielberger State Anxiety Inventory		89
Appendix B: Faces Anxiety Scale		90
Appendix C: Ethics Approval from Study Site		91
Appendix D: Ethics Approval From The University of Technology, Sydney		92

Appendix E: Patient Information Sheet.....	93
Appendix F: Patient Consent Form	94
Appendix G: Data Collection Sheet.....	95

List of Figures

Figure 1. <i>Recruitment of participants (tracking of participants)</i>	<i>44</i>
Figure 2. <i>Concerns identified by participants at each time</i>	<i>56</i>
Figure 3. <i>Comparison of the number of participants found to be clinically anxious using the FAS and SAI</i>	<i>60</i>

List of Tables

Table 1. <i>Summary of variables entered into multiple regression models</i>	<i>48</i>
Table 2. <i>Socio-demographic and clinical characteristics.....</i>	<i>51</i>
Table 3. <i>PTCA and stent related characteristics</i>	<i>52</i>
Table 4. <i>Procedure related complications</i>	<i>53</i>
Table 5. <i>Post discharge events.....</i>	<i>54</i>
Table 6. <i>Anxiety over time, measured by the State Anxiety Inventory (SAI).....</i>	<i>55</i>
Table 7. <i>Predictors of anxiety; pre-procedure, post procedure and post discharge</i>	<i>58</i>
Table 8. <i>Anxiety measured by the State Anxiety Inventory compared to the Faces Anxiety Scale</i>	<i>59</i>
Table 9. <i>Sensitivity and specificity of the Faces Anxiety Scale pre and post procedure</i>	<i>60</i>
Table 10. <i>Correlations of the FAS vs. SAI</i>	<i>61</i>
Table 11. <i>Summary of predictors of anxiety pre-procedure, post procedure and post discharge</i>	<i>62</i>

Abstract

Percutaneous transluminal coronary angioplasty (PTCA) and stent has become the most commonly performed cardiac procedure in Australia over the last decade. This study investigated the level of anxiety experienced by patients who were undergoing elective PTCA and stent procedures. Anxiety was assessed at three specific times, in-hospital pre-procedure, within 18 hours after the procedure, and one-week post discharge, using two methods to assess anxiety, the State Anxiety Inventory and the Faces Anxiety Scale.

The sample ($n = 100$) was predominantly elderly (mean 65.63 years), male (80%) and married (83%). Most participants (70%) had previously experienced a cardiac event, of which the most common was PTCA and stent (41%). Almost half of the participants had experienced unstable angina (47%) and the most frequent concurrent condition was hypertension (67%).

The results confirm that most people were not clinically anxious as anxiety SAI scores ranged from 37.72 (mean) pre-procedure and decreased over time to 31.8 (mean) post procedure and again post discharge 28.79 (mean). However, there is a significant group of participants that experienced more than normal levels of anxiety pre procedure (49%), post procedure (32%) and post discharge (19%). . The independent predictors of anxiety were also identified through multiple regression analysis. . Participants at risk of pre-procedure anxiety were those taking medications for the management of the symptoms of anxiety and depression. The predictors of post procedure anxiety included anxiety pre-procedure, having chest pain post procedure, or

undergoing a PTCA and stent procedure for the first-time. Again, post discharge patients were more likely to be anxious if they were anxious pre-procedure and they reported their major concern to be related to the future progression of their coronary artery disease. The Faces Anxiety Scale proved to have low sensitivity and moderate specificity in this sample.

The conclusion is that anxiety is relatively common and needs to be identified and treated, particularly pre-procedure to decrease subsequent anxiety. An instrument to detect anxiety quickly and accurately needs to be developed for clinical use.